

## THERESE CONWAY • CANYON SOUND ESSENCES

170 First Street  
Gananoque, Ontario  
K7G 2J1

613.331.4770  
[canyonsound@gmail.com](mailto:canyonsound@gmail.com)  
[canyonsound.com](http://canyonsound.com)

---

### **2022 Summer Solstice Essence**

*Tuesday, June 21; 5:13 a.m. eastern*

***Dosage:*** 2 drops, 2x/day.

*\* Key essence in combination*

13 x **Allium** (13—in healing, the principle of subtraction is at play)

*5th Chakra, Studio Set*

Release. In any creative process there is a fine balance between sticking to our personal beliefs and remaining open to new points of view. Too much “position” and we become stuck; too many new points of views and we lose our center. Allium helps us to consider and actively play with all sorts of possibilities without losing our bearings or our sense of direction.

15 x **Large Intestine** (15—breaking chains binding you to false stories; laughter and lightness are antidotes)

*Yang Essence, Metal Element*

*Birch bark, Red Cedar bark, Blue Lace Agate*

Recreation. We take vacations to relax and recharge our batteries. If we take toddlers along with us on a challenging mountain hike or our heat-hating mother-in-law to Florida in July, we probably will not have a relaxing or rejuvenating experience. The Large Intestine essence puts us back together when we have lost sight of what we need and when we need to get it.

*The large intestine must remain open and vulnerable in order to fulfill its function as a nutrient absorber in the body. It depends on us to listen to our body's needs for protection and nourishment. When we lose our ability to hear and take care of ourselves, our large intestines can become overloaded with unneeded elements to absorb and release. Through the large intestine, we can learn about sound reception on the earth.*

\*21 x **Stargazer Lily** (21—union of human wisdom with divine wisdom is an antidote to madness)

*7th Chakra, Market Set*

Purpose. Your life is not an accident and you are not infirm. Like an arrow homing in on a target, Stargazer Lily helps you to remain clear and direct as you remember who you are and what you want to accomplish.

When I saw the essences in this Summer's Solstice Essence, I thought I had made a mistake. It looked like an essence for someone convalescing from an illness or a heartbreak, not an announcement of a major Summer pattern. I put the printout away and decided to try again in the morning.

My dreams that evening illuminated the message of these essences: we *are* in a period of convalescence. I feel it in my bones, and I imagine you do to. Personally and collectively we are convalescing.

In my first dream I was being cradled in what felt like a hammock of sunlight. Pure comfort and bliss. And then a voice said, "But you know, the heat of the sun is also operating like a laser, burning away what doesn't belong. Welcome it." Purification by fire.

The message from this essence: Welcome the poles of the sun into your being. Welcome the comforting warmth of the sun after a long winter. Welcome the sun's tougher medicine—the purifying penetrations of its rays that cleanse and cauterize the wounds that keep you from being the gift you are to the world.

When you find yourself suspended in this place between blissful comfort and harsh surgery, you are in the zone of re-creation. The trick is being able to simply stay present to this weird and unknown place with, possibly, only one thought in your mind—*"I am a gift to the world. What does life want from me?"*

If you can ask this question, you will get both medicines—comfort and surgery—and they will burn and melt away the pieces of you that prevent you from giving yourself freely to your world. What pieces? Notions of not being good enough, not having enough, not being important enough, not knowing enough, being too visible, being too invisible, being powerless, being alone, being taken advantage of, being disrespected, not belonging, and the list feels endless.

The Comfort aspect of this essence will help you to remain open to give and to receive... because you *know* you are safe and you belong to the family of Life. When you feel yourself resting in a hammock of warm sunlight, that knowledge is undeniable.

Comfort and surgery both offer opportunities to drop the false beliefs we have created in an effort stay safe. They help us to feel the invitation to co-create our worlds after the intense learning experiences we have all lived through. They help us to say yes to life more freely than before.

It all hinges on our ability to stay present in that mysterious (uncomfortable) place that the fire of the sun creates for us—the active space between comfort and surgery.

### **How to take the essence:**

Easiest way: Welcome the summer as you take the essence.

More precise way: Say something like: *"I am a gift to the world. What does life want from me?"*

If you'd like to read something lovely about shifting perspective from "managing uncertainty" to "living in the mystery", [try this piece by Martin Shaw](#), written for Emergence Magazine. (Hint: poetry, music, art, and stories rule!)

Thanks for reading. Best wishes for a warm and abundant summer.